

Prospective Applications of Cold-Blooded Horses in Agriculture, Tourism, Therapy, and Beyond

The example of the Sokólski and Sztumski types of the Polish cold-blooded horse breed

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Background

- in the beginning of XX century in Poland local type of cold-blooded horses was used for working purposes: in agriculture, army, and city transport;
- ➤ after II World War, with mechanization of agriculture the significance and number of working horse decreased;





rotection, appeared the necessity to preserve typical features of local breeds;





Sokólski breed mares with foals

Sokólski breed stallion

In 2008 has been created two Genetic Resources Conservation Programs for Sztumski and Sokólski types cold-blooded horses.

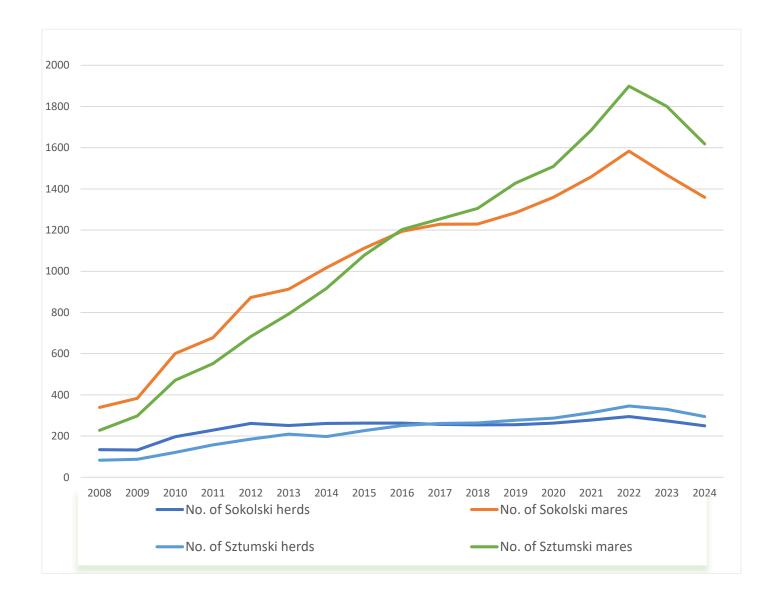


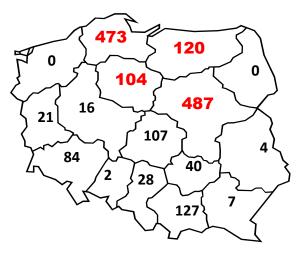


Sztumski breed mares with foals

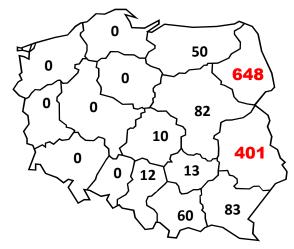
Sztumski breed stallion

Number of Sokolski and Sztumski horses participating in Animal Genetic Resources Conservation Programs from 2008 to 2024





Distribution of Sztumski horse in 2024



Distribution of Sokolski horse in 2024

Cold-blooded horses (draught) are very versatile animals and can be used in many ways:

- agricultural work, logging
- in tourism and recreation
- > folklore events
- to maintain the environment
- as an accompanying animal
- in food production (milk, meat)
- transport of people and goods
- in hippotherapy









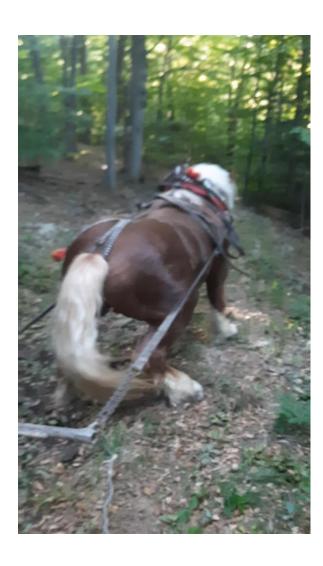






Agricultural work: plowing, logging





Cold-blooded horses have historically been the backbone of agriculture, especially before mechanization. Today, they're still incredibly valuable in farming, particularly in difficult mountain conditions



- Horse-drawn carriage rides
- celebrating harvest holidays as a part of local tradition







Leisure time activities, spending time with family and friends









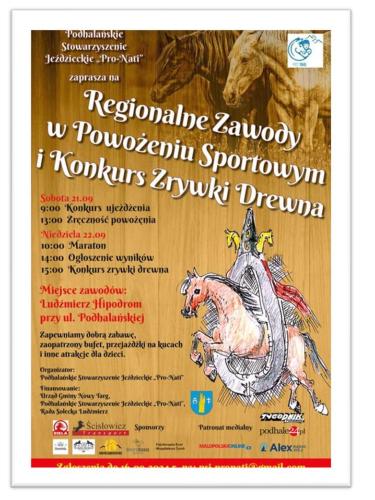
horse-drawn carriage plowing competition



cold-blooded horse festival



timber skidding competition



Equestrian shows













The winter time





The gentle nature of cold-blooded horses makes them perfect for riding and hippotherapy.





The milk production







Artic

The Influence of Selected Factors on the Nutritional Value of the Milk of Cold-Blooded Mares: The Example of the Sokólski Breed

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Simple Summary: Mare milk, as well as fermented products produced from it, are recognized as having medicinal effects. Mare milk has been consumed for hundreds of years in Central Asia and Eastern Europe. In Europe it became popular in the 1990s. However, in many European countries, including Poland, the milking of mares remains marginal. Nevertheless, the group of consumers interested in purchasing mare milk is gradually growing. The horse population in Poland is about 300,000, of which half are cold-blooded horses. Native breeds of cold-blooded horses, including the Sokóiski horse, are included in a genetic resources conservation programme. These horses are used in diverse ways, including for meat. For ethical and cultural reasons, however, the slaughter of horses is negatively perceived in Poland. An alternative to this type of use could be the acquisition of milk from mares. Therefore, the aim of the study was to determine the effect of selected factors (access to pasture, lactation number, and sex of the foal) on the proximate composition, whey protein profile, and fatty acid profile of milk from mares of the Sokólski breed. The results may be useful for those managing herds of Sokólski mares and other mares of cold-blooded breeds that are in good condition.





The meat production

Horsemeat as a functional food

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Summary

The purpose of this study was to review the literature to determine whether horse meat can be considered a functional food and what health-promoting qualities it possesses. Attention was also paid to factors affecting the quality of horsemeat: muscle type and the horses' maintenance regime, age, gender and breed. The popularity of horsemeat in Poland and around the world was considered as well. The literature suggests that horsemeat is a lean meat with high nutritional value and is therefore recommended by nutritionists. It contains bioactive substances which determine its beneficial effects on human health as a functional food. Horse meat has high protein content and a favourable essential amino acid (EAA) profile. It contains high levels of unsaturated fatty acids, especially polyunsaturated fatty acids (PUFAs), which have a beneficial effect on the health and condition of the body. It is also a source of many vitamins and minerals, especially iron. Due to its low sodium content, it can be included in a low-sodium diet. Given the high nutritional value of horse meat, it should be promoted as a healthy and valuable meat.

KEY WORDS: meat quality traits, horsemeat, meat, functional food

Source: Przegląd hodowlany no. 6/2023

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Folklore events with a long tradition

Message to take home:

- >Horses qualified for the conservation program are a genetic reserve.
- It is very important to promote the use of horses in a way that responds to changes in our environment and changes in human needs.
- ➤ Hippotherapy, horseback riding, and agritourism can provide opportunities for business growth and employment for young people.
- This promotes the sustainable use of genetic resources and raises awareness among people about the importance of the conservation of animal genetic resources.

